



Improve your Swimming Ability

Call 357-POOL(7665) www.cincyrec.org



**American
Red Cross**

Swim Stroke Clinics 2010

Swim Stroke Clinics are swim sessions to teach and refine swimming skills in preparation for American Red Cross Lifeguard Training Courses

- Free with pool membership (\$10 youth All-City Membership, \$25 Adult All-City Membership. Available at all CRC Recreation Centers).
- Attendance at every class is not required.
- Register at the pool.
- Age 14 and over. Adults & Seniors are welcome.
- It is recommended you complete at least one swim stroke clinic prior to the lifeguard training course. You may attend more than one session.

Mt. Auburn Indoor Pool

270 Southern Ave. 45219
off Auburn Ave, across from Christ Hospital,
parking behind ballfield on lower level.
Use driveway off Young St.

Spring Sessions are

M,W

7-8 pm

3/29/10 to 4/28/10

Get Ready!

Lifeguard Course starts April 9 or April 30

*If you have any questions about the Lifeguard Training program or Swim Stroke Clinics call

357-POOL(7665) or e-mail us at aquatics@cincinnati-oh.gov.